

Activity Link | February 2025

Events for carers and former carers

FEB 1-28	Book Club : Birnam Wood by Eleanor Catton Discussion via Signpost's Facebook Group
MON 3	Annie's Café Heatons Centre 11:00am - 1:00pm
MON 3	Digital Support sessions Heatons Centre 11:00am - 1:00pm
TUE 4	Carers Dementia Drop in Heatons Centre 7:00pm - 8:30pm
FRI 7	Arts & Crafts with Mo £5 Heatons Centre 10:00am-12:00pm
FRI 7	Walk & Talk for Bereaved Carers Woodbank Park 10:30am-12:30pm
FRI 7	Clinical Drop-In The Meadows 1:00pm-4:00pm
MON 10	Walk to Fitness (Heatons Route) Heatons Centre 10:30am-12:30pm
TUE 11	Former Carers Group Berretto Lounge 11:00am-1:00pm
WED 12	Carers Network Event - Mental Health Focus Heatons Centre 2:00pm-4:00pm

WED 12	Marple Carers Drop-In Marple Methodist Church 10:00am-12:00pm
THU 13	Heald Green Carers Drop-In Heald Green Village Hall 10:00am-1:00pm
THU 13	Time for a Brew Dobbie's Garden Centre 11:00am-1:00pm
FRI 14	Arts & Crafts with Mo £5 Heatons Centre 10:00am-12:00pm
SAT 15	TMG Treatments £15 Heatons Centre 9:00am-1:00pm
TUE 18	Claytime! Heatons Centre 2:00pm-4:00pm
THU 20	Card making with Mary £3 Heatons Centre 10:30am-12:00pm
FRI 21	Arts & Crafts with Mo £5 Heatons Centre 9:00am-1:00pm
TUE 25	Former Carers Group Berretto Lounge, Redrock 11:00am-1:00pm
FRI 28	Arts and Crafts with Mo £5 Heatons Centre 11:00am-12:00pm
FRI 28	Doddle Club with Charlotte Heatons Centre 2:00pm-3:30pm

Booking is **essential**. Full information about our events and any costs involved can be found on our website.